

# groupX

total body fitness  
at seven trees community center

Your **ALL ACCESS PASS**  
to as many of the exercise classes, fitness  
room workouts and drop-in gym visits you  
can fit into that busy schedule of yours!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM ZUMBA STUDIO JEANEE	9:00AM BOOTCAMP GYM TRACY	9:00AM CIRCUIT TRAINING WEIGHT ROOM	9:00AM BOOTCAMP GYM TRACY		9:15AM ZUMBA BANQUET RM JEANEE
					9AM-1PM DROP-IN BASKETBALL GYM
LUNCHTIME					
12-2PM LUNCH TIME BASKETBALL	12-2PM LUNCH TIME BASKETBALL	12-2PM LUNCH TIME BASKETBALL	12-2PM LUNCH TIME BASKETBALL	12-2PM LUNCH TIME BASKETBALL	
EVENING					
5-8PM DROP-IN VOLLEYBALL GYM	5-8PM DROP-IN BASKETBALL GYM	5-8PM DROP-IN VOLLEYBALL GYM	5-8PM DROP-IN BASKETBALL GYM	<div><p><b>MAY PROMOTION 3 MONTHS FOR \$49!!!!</b></p></div> <div><p>Please let us know if you have any suggestions or concerns – Andrew Judge</p></div>	
5:30 PM BODY SCULPT STUDIO TRACY	6:00 PM ZUMBA GOLD BANQUET RM LOLLO	5:30 PM BODY SCULPT STUDIO TRACY	5:30 PM CARDIO SCULPTING TRACY		
6:00 PM YOGA CLASSROOM 1 CANDICE	7:00 PM SPIN CARDIO RM LAURA		6:00 PM YOGA CLASSROOM 1 CANDICE		
7:00 PM ZUMBA BANQUET RM RUBY	7:00 PM PILATES, MAT STUDIO LOLLO	7:30 PM ZUMBA BANQUET RM RUBY	7:00 PM Cycle & Core CARDIO RM DIANE		

Please let us know if you  
have any suggestions or  
concerns  
– Andrew Judge



### Get Fit. Be Strong.

Group X Memberships include unlimited access to all group exercise classes, fitness room, and drop-in gym for **one low price**.

"Like" us on Facebook for class updates, special discounts and promotions!

No refunds on memberships. Please read Policies & Procedures prior to participation.



Parks, Recreation and  
Neighborhood Services